

SPORTS

★ AF sports program

The Air Force has a sports program for those who excel in sports like boxing, bowling, cross-country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball.

Visit <https://www-r.afsv.af.mil/FT/> or call Tech. Sgt. Bob Herring at 846-1102.

★ Run for Your Life

The Run for Your Life sponsored by the East Fitness Center is under way.

Participants are authorized three miles daily on equipment in the center.

At the 250-mile mark, participants are awarded a patch.

At 500 miles, athletes receive a T-shirt. The prize for 1,000 miles is a jacket and for 2,000 miles is a jogging suit.

For details, contact Staff Sgt. Barbara Dixon at 846-1102.

★ Mountain Bike Clinic

A three-hour mountain bike ride on foothills trails in the Sandia Mountains is sponsored by Outdoor Recreation.

The ride **Aug. 12, 5-8 p.m.**, is designed to help beginner-intermediate mountain bikers.

Bring a bike and helmet for the ride with climbing, jumps and downhill.



★ Kayak lessons

Kayaking lessons are offered by Outdoor Recreation **Aug. 14, 5:30-8 p.m.**

The class includes how to roll, a basic but critical

skill needed for proficient paddling, along with safety techniques, wet exits and Eskimo rescue.

Cost is \$20 with personal gear and is \$25 without your own gear.

Call 846-1499.

Registration is \$20. Call 846-1499.

★ Combat Club

The Kirtland Close Quarters Combat Club meets **Tuesdays, 11 a.m.- noon**, in the Rio Grande Community Center.

Close Quarter Combat is a general name given to military, police and street fighting tactics.

The instructor concentrates on real-world defense combat techniques using knife, stick and unarmed combat.

Previous experience in a combat art or sport is welcome, but not required.

The club is open to all Kirtland AFB personnel over 18 years. Membership is free.

Call 853-5437.

★ Personal trainers

Two personal trainers are on call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member, and Diane Cabral is a Certified National

Strength and Condition Association Personal Trainer.

Fee for consultations with the trainers is \$25 an hour.

Call 846-1102.

★ Handball Club

The East Fitness Center Handball Club has no initiation fees or dues and no meetings--just competitive handball games.

Courts 2 and 5 are reserved 11 a.m.-1 p.m. for challenge games.

New members are always welcome. Call Bob Sanchez at 846-2454 or John Nowicki at 883-3018.

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USAF MARATHON
 "The Race with a Different Altitude"
 Sponsored by BearingPoint

★ **Marathon runners**
 The East Fitness Center is registering participants for the TEAM KIRTLAND marathon team to compete in the Air Force Marathon, **Sept. 20**, at Wright-Patterson, Ohio. Eight members are needed for the team. Complete an Air Force form 303 to submit to the fitness center for consideration. Call Dan McDermott, 846-5100, for information.

★ **Cycling program**

The Air Force Cycling Program is conducted at the East Fitness Center. The "Go For The Ride of Your Life" program offers opportunities to win T-shirts, caps, towels and water bottles.

Get your cycling mileage card at the fitness center. Call Airman 1st Class Karine Pina at 846-1068 or Airman 1st Class Jason Lambright at 846-1102.



★ **Whitewater rafting**

Outdoor Recreation sponsors a whitewater rafting trip to Pilar, N.M., **Aug. 9**. The trip begins at 5:30 a.m. and ends on return at 6 p.m. Cost is \$60. Call 846-1499.

★ **Soccer tryouts**

Soccer team tryouts for a base soccer team to play in the Albuquerque Soccer League are **Aug. 10** at 10 a.m. and **Aug. 11** at 5 p.m. at Bullhead Park, next to the Veterans Affairs Medical Center and Air Force clinic. Registration fee is \$95 and includes the fall and spring season with 16

games for those making the team.

Games for a men's teams and coed team are played **Sundays**, 9 a.m. and 2 p.m. For information, contact Capt. Eric Stephan at eric.stephan@kirtland.af.mil or Senior Airman James Swenson at james.swenson@kirtland.af.mil.

★ **Command golf**

The Air Force Materiel Command Golf Championship hosted by Tijeras Arroyo Golf Course **Aug. 11-16**. The course is open to all golfers after competition golfers tee-off. For details, call 846-1169 or 846-1574.